

Amana Living Meals Menu (Quarter 3)



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Soup: Spring Vegetable</p> <p>Main: Baked Fish with Scalloped Potato, Carrot Batons and Green Peas</p> <p>Dessert: Caramel Sponge with Custard</p>	<p>Soup: Potato and Leek</p> <p>Main: Braised Steak in Rosemary Gravy with Creamed Potato, Honey Carrots, Cauliflower and Cheese</p> <p>Dessert: Stewed Apples and Cinnamon</p>	<p>Soup: Minestrone</p> <p>Main: Chicken Roast and Gravy with Garlic Parmesan Potato, Broccoli, Cauliflower, Carrots and Beans</p> <p>Dessert: Butter Crumble with Berries and Custard</p>	<p>Soup: Cream of Pumpkin</p> <p>Main: Pork Pasta Bake with Sauté Potato, Roast Sweet Potato and Steamed Broccoli</p> <p>Dessert: Apple Cinnamon Cake with Custard</p>	<p>Soup: Chicken and Barley</p> <p>Main: Lemon Chicken Hot Pot with Creamed Potato, Broccoli, Cauliflower, Carrots and Green Beans</p> <p>Dessert: Lemon and Lime Blancmange</p>
Week 2	<p>Soup: Chicken and Vegetable</p> <p>Main: Braised Steak in Onion Sauce with Potato Fondant, Honey Carrots and Steamed Broccoli</p> <p>Dessert: Vanilla Cake with Custard</p>	<p>Soup: Bacon and Lentil</p> <p>Main: Fish and Leek Mornay with Boiled Parsley Potato, Roast Sweet Potato and Peas</p> <p>Dessert: Cream Sago Pudding</p>	<p>Soup: Cauliflower and Leek</p> <p>Main: Roast Pork with Garlic Roast Potato, Braised Red Cabbage with Apple and Green Beans</p> <p>Dessert: Mud Choc Slice</p>	<p>Soup: Celery</p> <p>Main: Chicken Thigh in Tomato Cream Sauce with Herbed Potato, Sweet Potato, Broccoli, Carrots and Cauliflower</p> <p>Dessert: Stewed Apple and Rhubarb with Custard</p>	<p>Soup: Pea and Ham</p> <p>Main: Greek Chicken with Creamed Potato, Roast Pumpkin and Steamed Broccoli</p> <p>Dessert: Blueberry Cheesecake</p>
Week 3	<p>Soup: Minestrone</p> <p>Main: Hearty Beef Stew with Honey Mustard Potatoes, Sweet Potato Wedges and Green Beans</p> <p>Dessert: Sticky Date Pudding with Custard</p>	<p>Soup: Spring Vegetable</p> <p>Main: Chicken and White Wine with Boiled Parsley Potato, Cauliflower Cheese and Peas</p> <p>Dessert: Chocolate Coconut Buttercake</p>	<p>Soup: Chicken and Barley</p> <p>Main: Roast Beef with Roast Potato, Pumpkin and Cauliflower and Broccoli Parmesan Bake</p> <p>Dessert: Apple Tea Cake with Custard</p>	<p>Soup: Cream of Asparagus</p> <p>Main: Chicken Marsala with Potato Anna Bake, Broccoli, Cauliflower, Carrots and Peas</p> <p>Dessert: Lemon Cheesecake</p>	<p>Soup: Potato and Leek</p> <p>Main: Lamb Stew with Creamed Potato, Sweet Potato Portions and Green Beans</p> <p>Dessert: Apple Danish with Custard</p>
Week 4	<p>Soup: Bacon and Lentil</p> <p>Main: Lamb Tagine with Herbed Potato, Steamed Sweet Potato and Brussel Sprouts</p> <p>Dessert: Chocolate Cake with Icing</p>	<p>Soup: Cauliflower and Leek</p> <p>Main: Beef Steak Diane Gravy with Creamed Potato, Diced Carrots and Green Beans</p> <p>Dessert: Creamy Rice Pudding</p>	<p>Soup: Potato and Bacon</p> <p>Main: Turkey Roast and Gravy with Garlic Rosemary Roast Potato, Roast Pumpkin and Minted Peas</p> <p>Dessert: Stewed Apple and Rhubarb with Custard</p>	<p>Soup: Pea and Ham</p> <p>Main: Creamy Chicken Bake with Creamed Potato, Steamed Sweet Potato, Cauliflower and Cheese</p> <p>Dessert: Orange Butter Cake with Custard</p>	<p>Soup: Hearty Beef and Vegetable</p> <p>Main: Beef and Red Wine with Creamed Potato, Honey Carrots and Green Beans</p> <p>Dessert: Choc Fudge Brownie</p>